



# PARK CITY SKATING ACADEMY

## Class Information

### About Our Program...

With an emphasis on FUN, skaters will learn to skate in figure or hockey skates. Our staff of highly qualified instructors will ensure that all skaters learn to ice skate in an exciting and safe manner. Skaters will progress through various skill levels learning to stop, skate backwards, do crossovers, as well as variety of other skills. Private lessons are available for those skaters who have advanced beyond Academy classes or for those who want one-on-one instruction for a more rapid progression through the levels. For more information contact Erika Roberts, Skating Director, at (435)615-5704 or [eroberts@parkcity.org](mailto:eroberts@parkcity.org).

### General guidelines:

- **Classes with fewer than 4 skaters registered may be combined with another class or cancelled.**
- **Classes size will vary from 4 to 12 skaters.**
- **Skaters will receive a nametag the first day of class which will indicate where the class will meet.**
- **Classes and practice time will be held on the South (lobby) end of the arena.**
- **Please note the start of your class time and report to your class area promptly.**
- **Skaters should dress in layers, including long sleeves, long pants and gloves or mittens.**
- **HELMETS ARE STRONGLY RECOMMENDED FOR ALL SKATERS!**

### To Ensure Proper Progression...

**Snowflakes 1 & 2 (ages 3-5):** Instruction will focus on learning to fall and recover correctly. Balance and self-confidence are stressed. For the beginner who has little or no skating experience. **Skills:** *falling and getting up, marching in place, marching while moving, 2-foot glide, dip in place, helicopter turn, 2-foot hop, moving dip, rocking horse, forward swizzles, backward wiggles, snowplow stop.*

**Small & Tall:** For the tot skater (ages 2-5) and a parent or guardian. The opportunity to learn how to ice skate with your child! Basic skating techniques will be taught. **Skills:** *falling and getting up, marching in place, marching while moving, 2-foot glide, dip in place, helicopter turn, 2-foot hop, moving dip, rocking horse, forward swizzles, backward wiggles, snowplow stop.*

**Snow Flurries:** For the beginner who have never skated before or has little experience on the ice. **Skills:** *forward marching, 2-foot glide, dip, rocking horse, forward swizzles, backward wiggles, snowplow stop, 2-foot hop, helicopter turn.*

**Ice Cubes:** For the skater who has completed Snow Flurries. **Skills:** *Forward skating, forward 1-foot glides, backward swizzles, backward 2-foot glides, 2-foot turn, beginning slalom, forward 1/2 swizzle pumps around a circle, identify parts of the blade and edges.*

**Icicles:** For the skater who has completed Ice Cubes. **Skills:** *forward stroking, backward 1/2 swizzle pumps, moving 2-foot turn, backward 1-foot glides, slalom, pivot, walking crossovers, forward 1-foot glides on a circle, 2 foot spin.*

**Blizzard:** For the skater who has completed Icicles. **Skills:** *Backward 1-foot glides on a circle, forward crossovers, backward crossovers, outside & inside 3-turns, backward stroking, 1-foot spin, side hop, hockey stop.*

**Ice Crystals:** For the skater who has completed Blizzard. Beginning jumps and spins, advanced edges, Mohawks, and power development.

**Intro to Synchronized Skating**– Minimum level Blizzards. This class will focus on the basic individual and team skills necessary for synchronized skating.

**Basic Hockey Skating**– Offered through Park City Hockey Academy. For beginning hockey skaters ages 4+ years.

**Adult Lunch Bunch:** This class is for the adult skater who wants to enjoy some social time on the ice with other adults, learn some new skills, and get a great workout! Beginners and more advanced skaters are welcome to attend.

435-615-5707 WWW.PARKCITYICE.ORG



*A higher degree  
of play*

